

You're Built for Good Health

You're built for rest



Stress and anxiety can make life hectic and harder to keep a consistent sleep schedule. Try keeping a daily journal. Note how stress in life may impact your sleep at night.

You can't hope to succeed in other areas of health, if you neglect your nightly rest. Most adults need 7-9 hours of quality sleep each night. That means your body should move through the various sleep stages, including REM sleep. Here are four tips to get started:

1. Maintain a consistent sleep and wake schedule – even on weekends.
2. Make sure your mattress supports you well. Replace your pillow every year.
3. Remove all electronic devices from your room. That includes your phone. Use an old-school alarm clock to wake up.
4. Talk to your doctor about any sleep issues you have. They may point to other health problems.

